Hy-Vee KIDSFIT Wellness WEEK

MOVE MORE MINUTES IN YOUR CLASSROOM THIS FALL! HELP THE SCHOOL WELLNESS CLUB REACH HALF A MILLION MINUTES MOVED TOGETHER!

5 2 1 0

Healthy Choices Count!

by the Healthiest State Initiative

Did you know kids need 60 minutes of movement each day?

SUBMIT YOUR CLASSROOM TOTAL HERE!

IT'S WELLNESS WEEK!

This year's Wellness Week is designed to help make movement a habit in your classroom!

Help your students build their daily totals with classroom movement breaks!

HERE'S HOW YOU DO IT!

Did you know kids ned 60 minutes of movement each day? Help your students build their daily totals with classroom movement breaks! to

SUBMIT YOUR CLASSROOM TOTAL HERE!

1. Review the daily themes and types of movement breals prior to Wellness Week.
2. Schedule movement breaks into your classroom calendar from the week of **October 3rd - 7th**.
3. Use the Move More Minutes Tracker to keep track of your classroom's total.
4. Submit your total before **October 14th!**

Move More Minutes Tracker

PRINT A TRACKER FOR EACH CLASSROOM YOU HAVE PARTICIPATING TO HELP COUNT YOUR TOTAL MINUTES MOVED!

KIDSFIT School WELLNESS CLUB

Move More Minutes

Track the number of minutes moved in your classroom this week! Draw a tally for each minute your class spends on intentional movement. This includes activities like brain breaks, recess, and PE; but not activities like walking to lunch. At the end of the week, complete the equation to find your total minutes moved!

_____'s classroom movement

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total	Total	Total	Total	Total

Resource Glossary

Here are five of our best KidsFit resources for each day. Click through each day to use the best resources for your classroom or visit Hy-VeeKidsFit.com to find your own.

HOW TO VIDEOS

1 MIN.

- Short & sweet
- Teaches how to perform one movement safely & correctly

KIDSFIT WORKOUTS

6 MIN.

- Perfect when you only have 5 minutes to spare between subjects
- Best to preview these videos to ensure no adaptations are needed for your classroom layout

MOVEMENT BREAKS

5 MIN.

- A great balance of fun and effectiveness
- Designed for use in the classroom

KIDSFIT AT HOME

16 MIN.

- Longer movement activities that will add a boost to your classroom totals
- This collection contains 67 videos and are great for encouraging students to move outside of school

ACTIVITIES

Teacher Choice

- Fun games and drills to be used during extra recess time
- May require more planning and teacher activation

Mindful Monday

HOW TO VIDEO

MOUNTAIN CLIMBERS

1 MIN.

KIDSFIT WORKOUT

THROWBACK FITNESS

4 MIN.

MOVEMENT BREAK

FEEL THE FLOW

6 MIN.

KIDSFIT AT HOME

ANIMAL YOGA

20 MIN.

ACTIVITY

LOONY LABYRINTH

Teacher Choice

Try It Tuesday

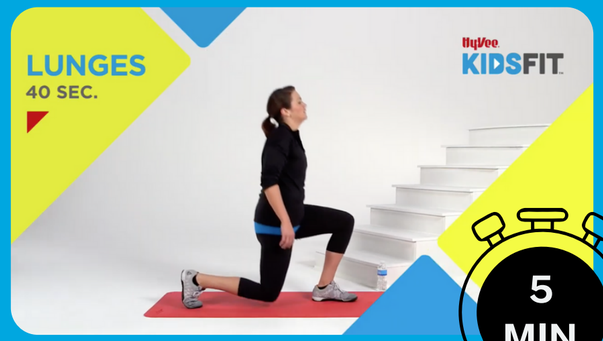
HOW TO VIDEO

SHOULDER BRIDGES

1 MIN.

KIDSFIT WORKOUT

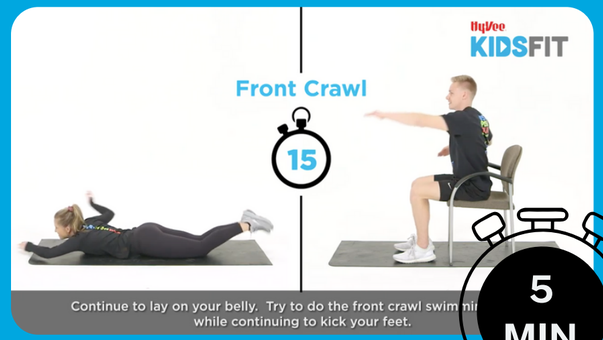
CIRCUIT CIRCUS



5 MIN.

MOVEMENT BREAK

SWEAT & SWIM



5 MIN.

KIDSFIT AT HOME

X MARKS THE SPOT

17 MIN.

ACTIVITY

FRUIT & VEGGIE TWISTER

Teacher Choice

Wellness Words Wednesday

HOW TO VIDEO

LUNGE

1 MIN.

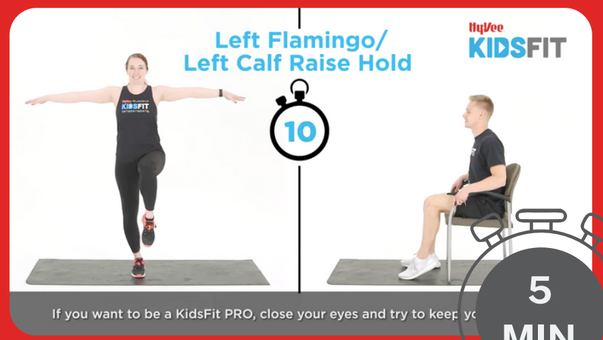
KIDSFIT WORKOUT

YOU GO I GO

5 MIN.

MOVEMENT BREAK

BOUNCING TO THE BEAT



5 MIN.

KIDSFIT AT HOME

FITNESS OF THE PAST

18 MIN.

ACTIVITY

RELAY RACES

Teacher Choice

Teamwork Thursday

HOW TO VIDEO

PLANK

5 MIN.

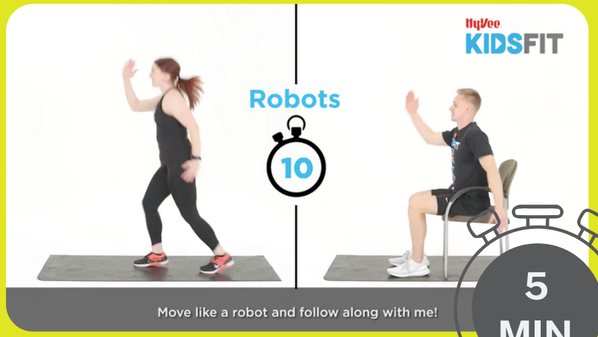
KIDSFIT WORKOUT

PARTNER POWER

6 MIN.

MOVEMENT BREAK

MAKING MOVES



5 MIN.

KIDSFIT AT HOME

CRUNCH TIME

16 MIN.

ACTIVITY

KIDSFIT GAMES

Teacher Choice

Fitness Friday

HOW TO VIDEO

BURPEES

1 MIN.

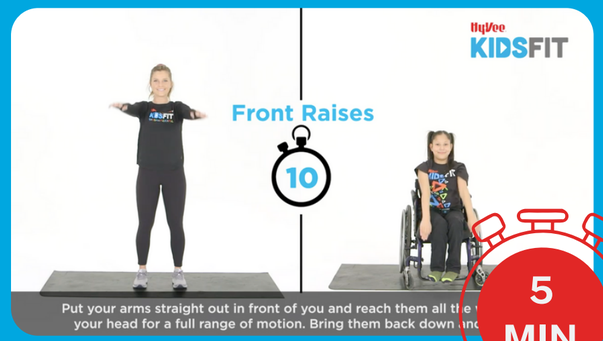
KIDSFIT WORKOUT

TABATA TOGETHER

11 MIN.

MOVEMENT BREAK

PUSH & PUMP IT



5 MIN.

KIDSFIT AT HOME

POWER JUMP

20 MIN.

ACTIVITY

FITNESS FIELD DAY

5 MIN.

Let's be friends!

FOLLOW US ON SOCIAL MEDIA FOR MORE FUN WITH THE KIDSFIT TEAM!

@HyVeeKidsFit

@HyVeeKidsFit

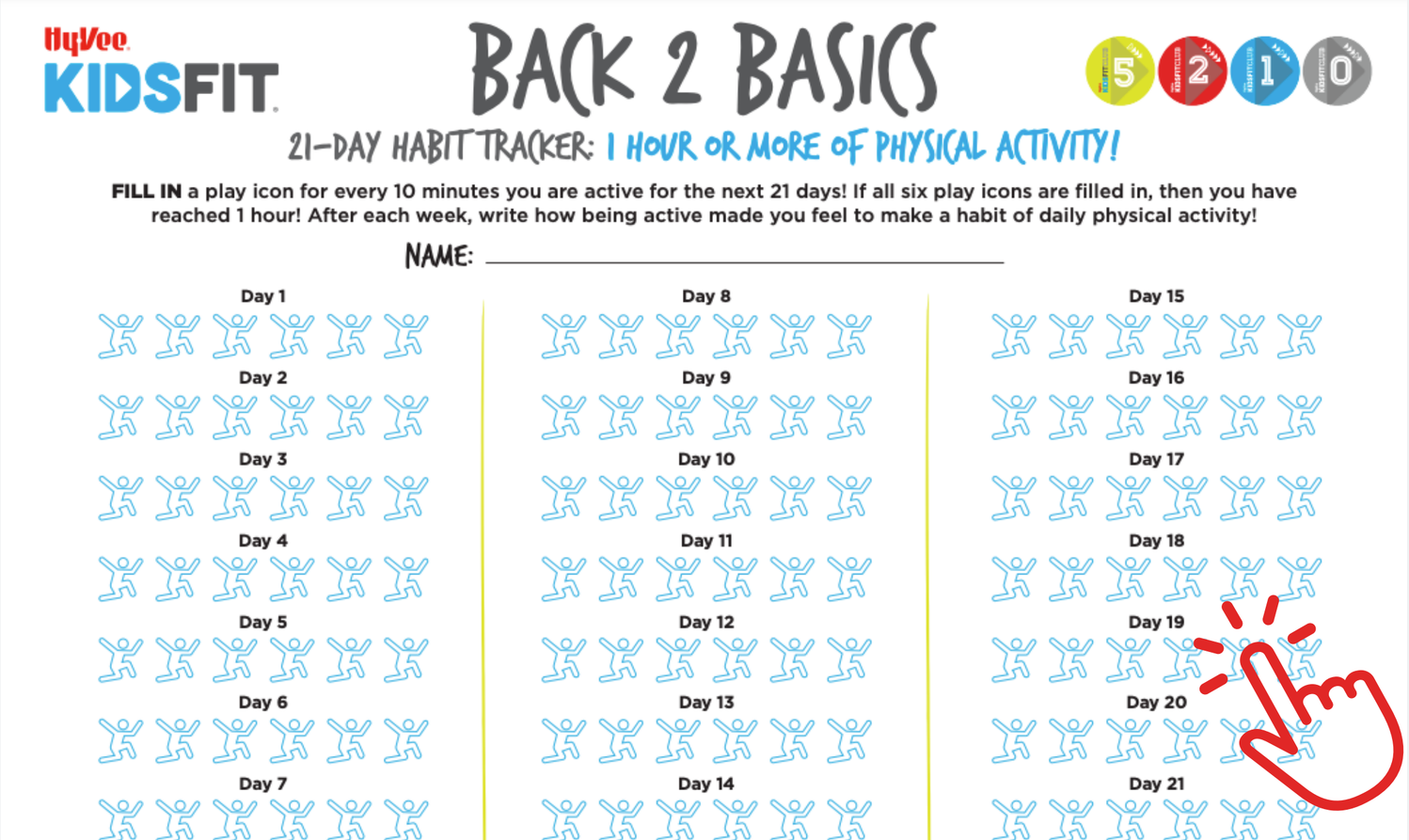
Hy-Vee

@hyvee_kidsfit

@hvkidsfit

Take Home Challenge

HELP YOUR STUDENTS CONTINUE
BUILDING HEALTHY HABITS AT HOME!



Hy-Vee KIDSFIT

BACK 2 BASICS

5 2 1 0

21-DAY HABIT TRACKER: 1 HOUR OR MORE OF PHYSICAL ACTIVITY!

FILL IN a play icon for every 10 minutes you are active for the next 21 days! If all six play icons are filled in, then you have reached 1 hour! After each week, write how being active made you feel to make a habit of daily physical activity!

NAME: _____

Day 1	Day 8	Day 15
Day 2	Day 9	Day 16
Day 3	Day 10	Day 17
Day 4	Day 11	Day 18
Day 5	Day 12	Day 19
Day 6	Day 13	Day 20
Day 7	Day 14	Day 21

SUBMIT YOUR CLASSROOM TOTAL HERE!

Thank you for participating!

BECAUSE OF YOUR CLASSROOM WE ARE ONE STEP CLOSER TO OUR GOAL OF HALF A MILLION MINUTES MOVED!

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